

# Quarterly Issues Report

KMNY

Tu Comunidad

Public Affairs Shows

3<sup>rd</sup> Quarter 2021

July 1<sup>st</sup> – September 30<sup>th</sup> 2021

**Tu Comunidad** airs on KMNY Saturdays 12:30 PM – 1:00 PM

The station has identified the following issues as significant issues facing our community in this quarter:

- A. Mental Health a byproduct of healthy habits**
- B. Financial management**
- C. World Crisis – Cuba SOS**
- D. Transportation in Tarrant County**
- E. Parenting workshops**
- F. Educational App with tools for kids 2 to 10**
- G. Pregnancy Resources and Abortion Restrictions in Texas**
- H. Covid Vaccine and prevention**
- I. Depression**
- J. GED Classes Online**
- K. ESL and Citizenship Workshops**
- L. Teen’s behavior workshop part 1**
- M. Teen’s behavior workshop part 2**

## **Responsive Programs:**

**Tu Comunidad:** Sat @ 12:30 PM Duration 30 minutes.

A -(July 3/2021) **Host:** Adriana Amaya

**Issue: Mental Health a byproduct of healthy habits**

**Guest: Counselor Hector Ramos, Professor at the University of Texas at Arlington**

During the pandemic we have seen many people turn into unhealthy habits that have affected their daily lifestyles. While being at home people got the custom of eating bad due to an affection of their mental health. Counselor Hector Ramos who is a professor with the University of Texas at Arlington offered some tips to improve our lives while people go back into the workplace and beyond.

Making less-than-healthy eating choices is often a byproduct of a busier schedule. Avoiding that trap requires some preparation for meals and munchies.

Batch cooking on the weekend can help keep lunch boxes filled for the workweek. Prepared-in-advance food like grilled chicken, brown rice and steamed broccoli offer building blocks for nutritious packed meals. Some of the previous tips can improve the lives of many who follow such tips.

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**Tu Comunidad:** Sat @ 12:30 PM Duration 30 minutes.

B- (July 10/2021) **Host:** Adriana Amaya

**Issue: Theme: Financial Management**

**Guest: Financial Advisor Andres Gutierrez**

Andres Gutierrez is a financial advisor who has been helping the Hispanic population reach their goals to fulfill their dreams. Just the thought of creating a budget is enough to make some people groan or break out in a panicked sweat. But a budget can be crucial to understanding and directing where your money goes.

Budgeting does not have to be unbearable. Whether you are a first-timer or have struggled to budget in the past. Andres shared his testimony and tips to make a real change in people's financial lives. The 50/30/20 budget is a good guideline for covering

the major spending categories. It suggests using 50% of your income toward needs, 30% toward wants and 20% toward savings and debt. Understand the difference between needs and wants, then focus on the essentials first — those include groceries, housing and transportation costs. That does not mean other expenses are not important, though. Your financial goals, such as paying off debt or saving for retirement, should still receive attention. The purpose of a budget is to understand whether your money is going toward things that you are happy with, you are proud of and align with your values.

Contact information: [www.andresgutierrez.com](http://www.andresgutierrez.com)

**Tu Comunidad:** Sat @ 12:30 PM Duration 30 minutes.

C- (July 17/2021) **Host:** Adriana Amaya

**Issue: World Crisis – CUBA SOS**

**Guest: Pastor and Cuban Native, Glenn Wilson**

Cuba has been grappling with acute shortages of food and medicine throughout the pandemic. People make lines for blocks to buy whatever they can find at stores. Inflation and blackouts during the tropical summer heat have aggravated the situation. Pastor Glenn Wilson, who is a Cuban native, shares his input on what is going on in the island. Cuba's government blames the economic crisis squarely on the decades-old U.S. trade embargo on Cuba, which was tightened by the Trump administration, as well as on the fallout from the Covid-19 pandemic. In a speech given by President Miguel Diaz-Canel said the U.S. "politics of economic asphyxiation" was having a "cumulative effect" in Cuba. But the embargo is not solely to blame for Cuba's woes, said pastor Wilson. One of the most important factors that has led to years of economic stagnation is the country's Soviet-style, centrally planned economy, and its hesitation to adopt market-oriented reforms that other remaining communist countries have taken. A reform must come to be able to eliminate the problem from the root. Pastor Wilson calls on the community to pray and gather to send help to Cuba in terms of goods and money. Many opportunities have been lost to have a true reform since the 1990's. It is the duty of the community to rally together and make a true difference once and for all. Cuba needs all the communities around the world to help.

Contact information: [www.rfwcnj.com](http://www.rfwcnj.com)

**Tu Comunidad:** Sat @ 12:30 PM Duration 30 minutes.

D- (July 24/2021) **Host:** Adriana Amaya

**Issue: Transportation in Tarrant County**

**Guest:** Architect April Escamilla, Advancing East Lancaster

Advancing East Lancaster is currently working with the local community to draft a transit-oriented development (TOD) plan to deliver supported recommendations to build a connected, accessible, thriving and Advancing East Lancaster. The objectives of this plan include guiding growth and economic development in the corridor, enabling residents, commuters, businesses, and students to benefit from improved accessibility to downtown and the East Lancaster corridor, and creating opportunities to repurpose and redevelop underutilized land currently serving single-occupancy vehicles on a 6-lane roadway that is wider than necessary for the current traffic volumes. We are currently seeking feedback from residents on what improvements they would like to see in the area. Residents can complete an online survey or visit any of the following locations to fill out a hard copy survey.

- Eugene McCray Community Center Park
- Sycamore Community Center
- Handley Meadowbrook Community Center
- Fort Worth Library - Meadowbrook
- Fort Worth Library - East Regional

Affordable and reliable transportation are key to have a flourish population within a community, and that is the reason why this initiative has arrived.

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**Tu Comunidad:** Sat @ 12:30 PM Duration 30 minutes.

E- (July 31/2021) **Host:** Adriana Amaya

**Issue: Theme: Parenting Workshops**

**Guest:** Homer Canales, Spokesperson for Anthem Strong Families

Families are the bedrock of our society. Data supports the reality that strong and healthy families create strong and vibrant communities. Marriage, relationships, and parenting are the pillars to our society and it's important to have purpose-driven children for the future of our community and nation. Our goal is to give families tools not just to survive but thrive through our menu of classes, workshops, and mini clinics. Homer Canales spoke to our audience to inform them about their great parenting workshops that will bring together families and make them strong. The workshops are being offered online due to the pandemic. When a family signs up and finishes the program, they receive \$250 for completing the program. Anthem strong families is a non-profit organization that has received a grant from the government to strengthen the families in our Dallas/ Fort Worth communities. Thousands of individuals and families attend no cost Anthem strong families' classes, mini clinics, and workshops to improve their lives or the lives of their families. The Anthem strong family's menu of classes continues to expand to offer more options and often based on popularity and demand. Staying the adult is so hard and learning to be the best parent you can be is not simple. Knowing what gets to you and how you can plan to react differently is important. Not letting children have the power to destroy a situation is key to them growing up emotionally strong and able to have good relationships. With the programs offered by the foundation helps our communities to grow and thrive.

Contact information: [anthemstrongfamilies.org](http://anthemstrongfamilies.org)

**Tu Comunidad:** Sat @ 12:30 PM Duration 30 minutes.

F- (August 7/2021) **Host:** Adriana Amaya

**Issue: Educational App with tools for kids 2 to 10**

**Guest: Rosangela Reyes Marquez, Program Manager with Litlab & Kidappolis**

Kidappolis is an app that enables parents to use screen time as deep learning time, through interactive, caregiver-led early learning opportunities. With kidappolis, caregivers walk children through a series of mini skill assessments to identify the child's primary areas of need. They receive personalized, curated app recommendations that foster specific early learning, literacy, and numeracy goals. Caregivers receive an easy-to-use playlist of on- and offline learning activities that build their child's confidence, so families can enjoy bonding while learning together. The app empowers parents by providing a relevant experience by linking the child's profile, interests, and learning goals through a guided experience. Parents feel empowered to engage more actively in their child's learning journey and have a guide to do so. Parents also could customize playlists by working out the process by recommending the highest quality apps, combined with activities to do and videos to watch, all in a convenient playlist, one skill at a time.

Contact information: [rosangela.reyes@litlab.org](mailto:rosangela.reyes@litlab.org)

**kidappolis SCHOOL**

**WANT YOUR CHILD TO BE SUCCESSFUL IN THE CLASSROOM?**  
Download KIDAPPOLIS: SCHOOL EDITION today for FREE, forever!

1 Install App

2 Log into app

3 Complete customized mini-quiz

4 Receive personalized playlist of apps & activities

**HAVE FUN LEARNING**  
Additional support can be accessed via [litlab.org/kidappolis](http://litlab.org/kidappolis)

GET CONNECTED TO LOCAL RESOURCES

GET A PERSONALIZED LEARNING PLAN

LEARN WHERE YOUR CHILD SCORES

**YOUR FREE CODE IS: DALLAS**

MEASURE PROGRESS AND REPEAT!

**Tu Comunidad:** Sat @ 12:30 PM Duration 30 minutes.

G- (August 14/2021) **Host:** Adriana Amaya

**Issue: Pregnancy Resources and Abortion Restrictions in Texas**

**Guest: Lissi Holloway, Director of The Path of Life**

Lissi Holloway is the founder of the non-profit organization named La Senda de la vida, (The Path of Life) which helps women during pregnancy. Many teenage girls find themselves living a crisis during their pregnancy and La Senda de la vida provides resources to them such as support groups, adoption services, and baby supplies once the baby is born. Lissi Holloway has helped many teenagers to value their lives and the lives of the babies they are carrying. During the show Lissi offered locations where the teens can receive help throughout the DFW metropolitan area. Also, she shared several success stories of teens that choose life for their babies.

Lissi Holloway spoke about the new abortion restrictions in the state of Texas and shared great points of it.

**1. The heartbeat law is dramatically reducing abortion in Texas.** Yes, some women will leave the state to get abortions. Some will recognize pregnancy in time to get abortions before fetal heartbeat. Some will order medication abortion pills to induce an abortion illegally. The law will not eliminate abortion in Texas.

**2. The heartbeat law is likely to reduce unintended pregnancy in Texas.** Shortly after SB 8 went into effect, we saw tweets like this one in which medical professionals encourage people to hurry and start using birth control.

**3. The heartbeat law is compelling abortion activists to acknowledge embryos and fetuses killed in abortion.** Granted, to whatever extent possible, activists are misleading the public about embryonic heart development. But they're still being forced to *acknowledge* embryonic heart development — and embryos at all. Heartbeat laws inevitably bring prenatal children into the conversation, and that's important because...

**4. The heartbeat law is underscoring how much the public doesn't know but does care about embryonic development.**

**5. The heartbeat law is inspiring other pro-life states to get more aggressive about restricting abortion.**

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**Tu Comunidad:** Sat @ 12:30 PM Duration 30 minutes.

H- (August 21/2021) **Host:** Adriana Amaya

**Issue: Covid Vaccine & Prevention**

**Guest:** Dr. Arlenne Betancourt, Lead Doctor with Parkland Hospital

COVID-19 is still among our communities, and it is imminent that we continue to guard ourselves against it. Vaccination is the best tool we must protect people and communities from COVID-19. Since COVID-19 vaccination began, most Texas COVID-19 deaths are among people not fully vaccinated.

You are fully vaccinated two weeks after your second dose of a two-dose vaccine. Or two weeks after receiving a single-dose vaccine. Like any vaccine, COVID-19 vaccines do not stop 100% of cases. But fully vaccinated people are less likely to be infected. They are also better protected from severe illness, hospitalization, and death. Masks Protect Everyone. CDC recently updated its mask guidance for fully vaccinated people and when they should get tested. Wearing a mask in indoor public spaces, regardless of your vaccination status, can help protect you and everyone close to you. State and CDC mask recommendations are available for schools, public transportation, and healthcare settings.

Dr. Betancourt spoke about the advantages of getting vaccinated and stopping the spreading of the virus in our communities. Everyone over the age of 12 and over is eligible to get COVID-19 vaccines. Availability and appointment scheduling vary from state to state. Visit [VaccineFinder.org](https://www.vaccinefinder.org) (available in English and Spanish), to find vaccination providers near you. Text your zip code to 438829 (English) and 822862 (Spanish) to find vaccine providers near you and coordinate a free ride to a provider. Call 1-800-232-0233 (available in 150+ languages) to find vaccine providers near you. Check your local pharmacy's website to see if vaccine appointments are available. To find out which pharmacies are participating in the Federal Retail Pharmacy Program visit CDC's Federal Retail Pharmacy Program website. Contact your state health department to find additional vaccination locations in the area. Check your local news outlets, they may also have information on how to get a vaccine.

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**Tu Comunidad:** Sat @ 12:30 PM Duration 30 minutes.

I- (August 28/2021) **Host:** Adriana Amaya

**Issue: Depression**

**Guest: Psychologist Edlyn Quintero**

Depression is both a brain disorder and a state of mind. The brain is unique—it is the only organ whose function we consciously experience because the brain is the organ of the mind.

Illnesses of the mind-brain affect tens of millions of people in the United States. Depression is by far the most prevalent, representing 99% of all mind-brain illness. (Schizophrenia and major psychotic illness represent the remaining 1%). The umbrella of depression encompasses Major Depressive Disorder and its related mood disorders including bipolar disorder, postpartum depression, post-traumatic stress syndrome, anxiety disorder and suicide.

Psychologist and family counselor Edlyn Quintero gave great tips to combat symptoms of depression and encouraged listeners to seek help, if needed. Symptoms of depression can be described as follows:

- extreme irritability over seemingly minor things
- anxiety and restlessness
- trouble with anger management
- loss of interest in activities, including sex
- fixation on the past or on things that have gone
- wrong
- thoughts of death or suicide

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**Tu Comunidad:** Sat @ 12:30 PM Duration 30 minutes.

J. (September 4/2021) **Host:** Adriana Amaya

**Issue: GED online classes**

**Guest:** Rosangela Reyes Marquez, ESL Teacher with the Dallas Libraries

There are many reasons why you might use GED Academy Online to study for the GED. You can access it 24 hours a day and 7 days a week. However, one of the most important reasons is that you will take the GED tests on a computer, and it's a great idea to get comfortable answering subject area questions on the computer.

GED Academy creates a personalized learning plan just for you. When you start your account, you'll take an assessment that will pinpoint exactly where you need the most help. Then your suggested lessons will focus on improving these skills. For example, if you're a math whiz, you'll only spend time on the few skills you haven't yet mastered. When you're ready to take the official test, the GED Academy will let you know, so you can feel sure that you're prepared. GED Academy Online also allows you to submit a writing practice test. Professional graders will score it and give you feedback on what you're doing right and where you can improve your writing. With over 200 hours of instruction available, you can prepare for your GED tests at your own pace from your own computer. Don't have a computer? Every Dallas Public Library has computers that can be used to study for the GED using GED Academy Online.

Language Taught	Days	Time	Dates	Registration Link	Instructor
GED en español	Lunes - Jueves	6:00 - 8:00 p.m.	20 de set. - 12 de dic.	<a href="#">Register</a>	Castaneda
GED en español	Lunes - Jueves	6:00 - 8:00 p.m.	13 de set. - 12 de dic.	<a href="#">Register</a>	Pedro Cruz
English GED - Reading / Language Arts	Tuesdays	1:00 - 3:00 p.m.	Sept 13 - Nov 21	<a href="#">Register</a>	
English GED - Science / Social Studies	Wednesdays	1:00 - 3:00 p.m.	Sept 13 - Nov 21	<a href="#">Register</a>	
English GED - Math	Thursdays	1:00 - 3:00 p.m.	Sept 13 - Nov 21	<a href="#">Register</a>	
English GED - Math	Mondays	6:00 - 8:00 p.m.	Sept 13 - Nov 21	<a href="#">Register</a>	
English GED - Reading / Language Arts	Tuesdays	6:00 - 8:00 p.m.	Sept 13 - Nov 21	<a href="#">Register</a>	
English GED - Science / Social Studies	Wednesdays	6:00 - 8:00 p.m.	Sept 13 - Nov 21	<a href="#">Register</a>	

Contact information: 214-671-8291 or [adultlearning@dallascityhall.com](mailto:adultlearning@dallascityhall.com)

**Tu Comunidad:** Sat @ 12:30 PM Duration 30 minutes.

K. (September 11/2021) **Host:** Adriana Amaya

**Issue: ESL and Citizenship Workshop**

**Guest:** Rosangela Reyes Marquez, ESL Teacher with the Dallas Libraries

The Dallas Public Library offers free General English classes at 12 locations throughout the city. Classes are open to everyone, and they are always free. Classes last 10 weeks, and they are offered in the Spring and Fall. Some locations also have summer classes. There's no limit to the number of classes you can take, so you can practice and learn English with the library for as long as you're ready. For advanced speakers, they also offer conversation classes and subject specific applied English classes.

Days	Time	Dates	Registration Link	Instructor	Level
Tuesday – Thursday	10:30 a.m.- 12:00 p.m.	Sept 13 – Dec 12	<a href="#">Register</a>	Reyes	Levels 1-4
Tuesday – Thursday	1:30 – 3:00 p.m.	Sept 13 – Dec 12	<a href="#">Register</a>	Reyes	Levels 1-4
Saturday	1:00 – 2:30 p.m.	Sept 13 – Dec 12	<a href="#">Register</a>	Reyes	Levels 1-4
Saturday	10:00 – 11:30 a.m.	Sept 13 – Dec 12	<a href="#">Register</a>	Reyes	Levels 1-4
Tuesday – Thursday	4:00 – 5:30 p.m.	Sept 13 – Dec 12	<a href="#">Register</a>	Reyes	Levels 1-4
Monday – Thursday	12:00 – 1:30 p.m.	Sept 13 – Dec 12	<a href="#">Register</a>	McLennan	Levels 1-4
Monday & Wednesday	3:00 – 4:30 p.m.	Sept 13 – Dec 12	<a href="#">Register</a>	McLennan	Levels 1-4
Monday & Wednesday	6:00 – 7:30 p.m.	Sept 13 – Dec 12	<a href="#">Register</a>	McLennan	Levels 1-4
Tuesday & Thursday	9:00 – 10:30 a.m.	Sept 13 – Dec 12	<a href="#">Register</a>	McLennan	Levels 1-4
Thursday & Saturday	8:30 – 10:00 a.m.	Sept 13 – Dec 12	<a href="#">Register</a>	Flores	Level 1 & 2
Thursday & Saturday	12:00 – 1:30 p.m.	Sept 13 – Dec 12	<a href="#">Register</a>	Flores	Level 3 & 4

Contact information: 214-671-8291 or email us at [literacy@dallaslibrary2.org](mailto:literacy@dallaslibrary2.org).

**Tu Comunidad:** Sat @ 12:30 PM Duration 30 minutes.  
L. (September 18 /2021) **Host:** Adriana Amaya

**Issue: Teen's Behavior Workshop part 1**

**Guest: Counselor Isela Ventura, MS Ventura Counseling Services**

Children and teens sometimes need help adjusting to stressors and difficult life experiences, and often their behavior, rather than their words, is the biggest clue that something is wrong. Counseling is a great tool to provide teens and adolescents with stress relievers. Among the Hispanic community counseling has been viewed with a negative regard. Counselor Isela Ventura offered advise to our listeners in signs that you can detect in your child/ teen to know if they need counseling, and they include:

- Difficulties at school, with teachers, friends or academics
- Sudden changes in mood or behavior
- Frequent stomach aches or headaches with no apparent physical cause
- Difficulties with sleeping, eating, or going to the bathroom
- Irritability, extreme “temper tantrums,” excessive anger or aggression
- Sad or scary dreams, nightmares, or fantasies
- Preoccupation with ideas, thoughts or feelings that seem age inappropriate
- Concerns about substance use
- The experience of a traumatic or overwhelming event
- Self-harm or suicidal thoughts

Therapy can benefit children and teens in a variety of ways, including helping them to heal from traumatic events, express their emotions, develop positive decision-making and problem-solving skills, form healthy social relationships, and more effectively communicate problems and concerns.

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**Tu Comunidad:** Sat @ 12:30 PM Duration 30 minutes.  
M. (September 25/2021) **Host:** Adriana Amaya

**Issue: Teen's Behavior Workshop part 2**

**Guest: Counselor Isela Ventura, MS Ventura Counseling Services**

Therapy can benefit children and teens in a variety of ways, including helping them to heal from traumatic events, express their emotions, develop positive decision-making and problem-solving skills, form healthy social relationships, and more effectively communicate problems and concerns. Counselor Isela Ventura graduated from the University of North Texas at Dallas with a Master of Science in Clinical Mental Health Counseling. With experience working with trauma survivors, including sexual abuse, domestic violence, and Incest recovery. Counselor Ventura provides counseling services in Spanish and English to children, adolescents, individuals, and couples experiencing different difficulties. Trained in different counseling approaches that are based on client-centered and evidence-based: Play Therapy-CCPT, and Expressive Arts, Cognitive Behavioral Therapy-CBT, Trauma-Focused Cognitive Behavioral Therapy, The Gottman Method, Sandtray Therapy, and Eye Movement Desensitization Reprocessing-EMDR. Offering a free 15 minute assessment to know if therapy is needed and which one will work best.

Contact information: [miventuracounseling@gmail.com](mailto:miventuracounseling@gmail.com) or (214) 755-7969